



TAKE A BREATH



New
Resources!



What's
better than
singing?

Have
Your
Say!

Take a Breath
Evaluation



The Cheerful Chesters is a CHSS Peer Support Group that came about when a group of people finished their Pulmonary Rehabilitation and decided to form their own class. The senior Respiratory Physiotherapist, Minty, was about to retire and she had an excellent idea....she offered to deliver exercises to the group, and so the Cheerful Chesters began!

The first meeting was held on Tuesday 17th April 2002, so this year is our 15th Anniversary! Eight people attended and became members, two of whom are still members today! The official opening took place on the 1st May and Dr. Franklin, one of the Respiratory Consultants did the honours.

Our first Co-ordinator was Peggy Souter who continued until she passed away in 2004. Marie MacFarlane took it on until 2008 by which time the membership had risen to forty one! I am the present incumbent and took over with some trepidation 'those ladies are a hard act to follow!'

The membership of 'Chesters' is still increasing, thanks to our friends at Pulmonary Rehab who regularly send people along. There are now around sixty members, whose ages range from fifty-five to one hundred! At the class we exercise then socialise over a cuppa and biscuit so members get to know one another. Many have become firm friends.

We like to get out and about too....coffee and scone at our local Garden Centre, lunch at a local restaurant, Seagull Trust Cruises, theatre visits and bus trips. The committee has worked very hard over the years, and continues to do so!

We do lots of fun things to raise funds such as sales tables and competitions, every second year we make a calendar, we have an annual Coffee Morning at the end of May, and many thanks to the family members who do sponsored runs! We are extremely fortunate that local businesses support some of our events and most of our outings are free to members. Our Tesco Champions are very good to us too. They help out at class and provide goodies for refreshments and often contribute when we have a Raffle and Bottle Stall.

We are very happy that the Cheerful Chesters help members to get out and about and keep as well as possible. We hope the class will keep going from strength to strength.... if the members have anything to do with it, it most certainly will! Happy Birthday Cheerful Chesters!

**Maureen Fraser,
Chairperson,
Cheerful Chesters**

Do you
know
your
Scottish
words
and
phrases?

- 1 **FOOS YER DOOS?**
- 2 **AYE PECKIN**
- 3 **DUNT**
- 4 **JEELY PIECE**
- 5 **FOOSTIE**
- 6 **OXTER**
- 7 **SCRAN**
- 8 **STOUR**
- 9 **HAVER**
- 10 **MAWKIT**
- 11 **SHOGLY**

Find the answers
on page 4.

CHEST-A-MINUTE

This is the first summer since I was diagnosed with my lung condition. Can I still go abroad on holiday?

I still go away on holiday and I use oxygen. Most things are usually possible with a bit of forward planning.

That's great! What should I think about before I book something?

Firstly, double check with your doctor that you're well enough to travel.

Insurance is essential! Make sure they know about your health conditions.

Taking a doctor's letter can be handy, with information about your health and medications.

Make sure you won't run out of your medications while you're away. Take spares!

If you think you'll need assistance to travel speak to the company you're travelling with before you book to make sure they can help.

Check that where you want to go is suitable before you book. I like to look up photos to make sure it's not too hilly!

I have to make some extra arrangements because I use oxygen. I can't take the oxygen equipment that the NHS arranged for me abroad. But there are private companies that will do this so I don't need to miss out!

Time to get planning

For more advice and information on Holidays and Travel call our Advice Line Nurses or look at www.mylungsmylife.org.uk

NEW RESOURCES!

We have updated our 'Living with Bronchiectasis' booklet and would like to say a big THANK YOU to members of 'Breathbusters – action for bronchiectasis', a group of people living with bronchiectasis. They told us about what information they would like and how they would like to access it. Thanks also to the healthcare professionals who checked all the information.



WHAT'S CHANGED?

We have tried to make the booklet easier to use. It is now divided into sections to help you find information more easily at the time that you need it. We have also included some links to videos on the internet demonstrating different breathing exercises for clearing sputum from your lungs.

We have also produced **a new factsheet**, *Common questions about bronchiectasis*. This is an easy-to-read question and answer style factsheet.

Order any of our factsheets or booklets for free by calling our Freephone Advice Line on 0808 801 0899 or via our website www.chss.org.uk

DEVELOPING SERVICES IN SKYE & LOCHALSH

Our 2nd 'Patient Education' evening for Skye was held in Kyleakin on the 29th of March. Informative talks were given, including one by Respiratory Nurse Specialist Michelle Duffy. We also wanted to hear from people with Chest, Heart and Stroke conditions and the services that they use, or would like to be able access in the area. It was a busy evening so these discussions have continued via e-mail and telephone. **There is still time to share your thoughts by getting in touch with our Remote Link Worker Douglas by telephone on 07788587562, or email Douglas.MacDougall@chss.org.uk**



WHAT NEXT...?

These events help CHSS to understand some of the support people living with long term conditions in a rural community might need. We will use this to help us plan and develop services, linking with Health Professionals, the NHS and other charities.



'The Cheyne Gang is a community singing group for people with chronic lung disorders'

What's better than singing? More singing!

In the words of Ella Fitzgerald, "the only thing better than singing – is more singing"! And now many scientists and healthcare professionals would agree.

Over the years studies have found that singing has a number of health benefits. When you sing you need to use lots of different techniques, such as breathing through your nose, breathing deeply and exhaling more fully. You also need to try and control your breath more carefully. Nancy MacLeod, chairperson for 'The Warblers', explains:

'Sometimes at the start of the session we struggle to sing some lines without stopping for breath. Then we learn how to breathe better and fill our lungs, and by about the 3rd go we can sing the line right through without stopping'.

'We become more aware of our breathing and can breathe better even days later! When we are breathing better we feel less breathless'

The Warblers is a CHSS Peer Support Group that have been going for about 2 years now. They have a great song coach called Jane who has undergone extra training to help her work with people with lung conditions.

Singing involves more than just your lungs. Your tongue and your core (tummy) muscles can get stronger. And if you move to the music you'll use other muscles too!

'We don't just sing, we move our arms about too – clapping our hands and tapping our feet, it can be a giggle trying to coordinate it!'

Nancy

As well as feeling more in control of your breathing, singing can help your voice to sound stronger and improve your posture. But it doesn't end there, as Joy Doorghen of 'Foos Yer Doos' in Inverurie explains, it can improve

your social and mental wellbeing too:

'We sing for the therapeutic benefits but also for the social benefits. And just to have fun!'

'Foos yer Doos' is another CHSS Peer Support Group and has been going for 4 years. Do you know what 'Foos yer Doos' means!? Find out in our quiz. The group was originally set up for people with Parkinsons disease, although people with a range of health conditions now come along. They have a professional singing coach and enjoy the flexibility this gives them when it comes to song choice!

Members of groups and choirs get to know one another, form friendships and support one another. There is a sense of achievement and wellbeing in learning something new, not to mention being part of a team and having fun:

'Sometimes at the start of the session we feel like it it's beyond us and we can't do it, but by the end we do get it. We feel really good about that.'

Nancy

This positive mood can help to reduce feelings of stress and anxiety, which continue after the session has finished. Joy tells us that many members of 'Foos yer Doos' feel relaxed after a singing session.

If you are in a singing group and would like to share your story or some advice, or if you are interested in setting up a singing group, please get in touch! We'd love to hear from you!

Register to receive an e-mail alert that the next issue of Take a Breath Highland is available
www.chss.org.uk/takeabreath-highland

Share your news by emailing us at respiratoryservices@chss.org.uk

Have Your Say!

Following the last edition of 'Take a Breath Highland' we have only had feedback from a handful of readers and we'd love your input to **help shape future editions of 'Take a Breath Highland'.**

There are a few different ways you can let us know what you think:

ON-LINE: www.surveymonkey.co.uk/r/TABHighland

BY TELEPHONE: Call our Advice Line Nurses **FREE** on 0800 801 0899 and they will run through the questions listed below.

BY E-MAIL: respiratoryservices@chss.org.uk

BY POST: Tear off this page and return the completed questionnaire to:

The Respiratory Coordinator
Chest Heart & Stroke Scotland, Rosebery House,
9 Haymarket Terrace, Edinburgh EH1 2 5EZ

Take a Breath Evaluation

Please tick the appropriate answer:

1. About you:

- ☐ I am living with a long-term lung condition.
- ☐ I am a relative of someone living with a long-term lung condition.
- ☐ I am a friend of someone living with a long-term lung condition.
- ☐ I am a carer for someone living with a long-term lung condition.
- ☐ I am a healthcare professional working with people that are living with a long-term lung condition.

2. How do you receive the Take a Breath Highland?

- ☐ I receive a paper copy
- ☐ I look at the newsletter online

3. Do you pass the newsletter on to anyone else?

- ☐ No.
- ☐ Yes, I pass my paper copy on to someone else.
- ☐ Yes, I look at it on-line then print it to pass on to someone else.

4. What types of articles do you like the most? Please give a rating out of five.

	1	2	3	4	5
Medical information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local news	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hints and tips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
'Chest a Minute'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quiz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. What would you like to see more or less of the following information in 'take a Breath Highland'? Or are we getting it about right?

	less	about right	more
Medical information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local news	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hints and tips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Condition specific information:			
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COPD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pulmonary Fibrosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bronchiectasis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. After reading Take a Breath Highland do you..

	Yes	No
Know more about your lung condition?	<input type="checkbox"/>	<input type="checkbox"/>
Feel more confident about living with your lung condition?	<input type="checkbox"/>	<input type="checkbox"/>
Know more about getting help and support?	<input type="checkbox"/>	<input type="checkbox"/>
Know more about what is going on locally?	<input type="checkbox"/>	<input type="checkbox"/>

7. Please share any other comments below:



FREE calls to Advice Line 0808 801 0899
or text **Nurse** to 66777